



SENIOR CENTER ACTIVITIES

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:30am – AM Cards 12:30pm – “Medicare Rule Changes for 2025” Presented by Bruce Kocsis from Banker’s Life 1:00pm – PM Cards	2 Senior Center Closed	3 10:00am – Mah-Jongg 11:15am – Mobility 12:45pm - BINGO	4 10:00am – Mah-Jongg (No Lunch Served)
7 10:00am – Mah-Jongg 1:00pm – Club 60 (Community Center)	8 10:30am – AM Cards 12:30pm – PM Cards	9 Senior Center Closed	10 10:00am – Mah-Jongg 11:15am – Mobility 12:30pm – M.I.L.E. Program Presentation	11 10:00am – Mah-Jongg 11:00am – COVID Vaccine Clinic – Sponsored by Nutmeg Pharmacy (No Lunch Served)
14 Senior Center Closed Columbus Day/Indigenous People Day	15 10:30am – AM Cards 11:00am – Fall Craft 12:30pm – PM Cards	16 Senior Center Closed	17 10:00am – Mah-Jongg 11:15am – Mobility 12:45pm – BINGO	18 10:00am – Mah-Jongg 11:00am – River Valley Transit “Who Are They and Where Do They Go?” (No Lunch Served)
21 10:00am – Mah-Jongg 10:00am – COA Meeting (Old Town Hall) 11:30am –Flu Clinic w/Sherry Carlson from CRAHD 1:00pm – Club 60 (Community Center)	22 10:30am – AM Cards 1:00pm – PM Cards	23 Senior Center Closed Senior Center Trip to Pez Factory with lunch to follow @ Chips Pub in Orange, CT	24 10:00am – Mah-Jongg 11:15am – Mobility 12:00pm – Pizza And A Movie “The Boys in the Boat”	25 10:00am – Mah-Jongg 12:30pm – Medicare Coverage Reviews (Call or Stop By the Senior Center to Request a Time) (No Lunch Served)
28 10:00am – Mah-Jongg 12:30pm – September/October Birthday Celebration! 12:45pm – 1:1 Medicare Review (sign-up required)	29 10:30am – AM Cards 12:30pm – PM Cards	30 Senior Center Closed	31 10:00am – Mah-Jongg 11:15am – Mobility 12:00pm - Halloween Party! 	

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*All meals come with milk as the dairy offering, unless string cheese or yogurt is included.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Turkey Tetrazzini Roasted Potato 4-Bean Salad Roll & Butter String Cheese Orange Cup	2 Senior Center Closed	3 Boneless Pork Chop Gravy Steamed White Rice Peas & Carrots String Cheese Apple & PB	4 No Lunch Served
7 Baked Potato w/ Veggie Chili Sour Cream Shredded Cheese Broccoli Cheddar Biscuit Yogurt Parfait, Granola	8 Polynesian BBQ Pineapple Chicken Steamed White Rice Sesame Broccoli Cornbread & Butter String Cheese Pear Cup	9 Senior Center Closed	10 Turkey Meatloaf Gravy Smashed Potatoes Glazed Carrots Peach Cup	11 No Lunch Served
14 Senior Center Closed	15 Asian Turkey Burger Asian Coleslaw Baked Sweet Potato Wedges String Cheese Orange Cup	16 Senior Center Closed	17 Shaved Steak Sub Sandwich Provolone Cheese Roasted Onions & Peppers Potato Salad String Cheese Pear	18 No Lunch Served
21 Grilled Chicken Mango Salsa Corn & Black Bean Roll & Butter String Cheese & Grapes	22 Baked Stuffed Chicken Breast Gravy Green Beans String Cheese Fruit Cup	23 Senior Center Closed	24 Pizza and a Movie	25 No Lunch Served
28 Italian Sausage Grinder Peppers, Onions & Sauce Corn on the Cob Roll & Butter String Cheese Melon	29 Roasted Salmon, Lemon Scalloped Potato Roasted Squashes Roll & Butter String Cheese Raisins	30 Senior Center Closed	31 Ham & Cheese Fritatta Homefries Garden Salad Dressing String Cheese Halloween Cookie	HAPPY HALLOWEEN! 